SIR ELTON TAKES ON MADGE





Report: Not all retail employees are equal

- New study of the city's most popular shops finds disparities among workers
- Minority workers less likely to get pay raises and promotions, report finds {page 02}



Members of Occupy Wall Street marched yesterday from the African Burial Ground to the Federal Reserve for Martin Luther King Jr. Day, saying their fight against greed echoes King's battle for civil rights. Four people were arrested for trespassing when they protested outside a bank.

News

Metropolitik: Washington's gossip page

◆ The gloves have come off: New Metro feature covers the latest in electoral hijinks ◆ We roast Jon Huntsman {page 08}

Sheen returns to sitcom life

Head of FX network says he 'likes to take risks' and he's betting on Charlie {page 12}







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COMING SOON!



www.CityMD.net



In the news Seven-year-old boy killed in **Bushwick fire**

A 7-year old boy was killed in a fire early Sunday morning, despite his family's attempts to save him. Relatives of Joel Smith ran out of the burning building at the Daily News, forget-ting little Smith, who was sleeping in his bed-room. His father, Melvin Blow, 34, ran back in to save the boy, but was badly burned and unable to rescue him. METRO/EAE

In the news



Christie ready ... in 2016

Gov. Chris Christie declined to run for president in 2012, but said he may be ready in 2016, depending on who wins in November. "I'll be much more ready for it four years from now than I am now," the New Jersey governor told Oprah Winfrey in an interview Sunday. "Inside me it never felt right," Christie said of running in 2011. METRO/CB

Not all's well in retail?

New CUNY report alleges retail industry discrimination • White workers get raises more often than other races, survey finds • Women less likely than men to get benefits

Retail giants in New York City may have enjoyed record sales this holiday season, but a new report claims they're not paying it forward to their employ-

A startling joint report released today by the Retail Action Project, a retail worker advocacy group, and CUNY's Murphy Institute for Worker Education and Labor Studies surveyed 436 nonmanage-

Not all equal?

According to the report, not all is equal among New York City shop workers:

- There are 242,000 retail workers in New York City. Only 17 percent of survey participants have a regular schedule.
- 54 percent of white workers received a raise and promotion after working at least six months on the job, while only 39 percent of black workers, and 28 percent of Latino workers did, after working for the same time period.
- Median wages for immigrants were 50 cents less than U.S. born workers. Male respondents were more likely than female respondents to receive health

benefits and paid time off.

ment workers in New York's der played an important role in determining workers' pay and working conditions.

dian of \$10.13 per hour.

The study also found pay

"It's getting harder and career growth."

Jay Cole, an 18-year-old

"The scheduling is no

retail industry in fall of 2011. They found that race and gen-

For example, the median pay for a female employee per hour was \$9, while male counterparts brought home a me-

disparity among racial groups: Of workers sampled, the average hourly pay of a white employee was \$11.30, versus \$10.49 for black employees and \$9.45 for Latino employ-

harder to get by on these retail jobs," said Carrie Gleason, director of the Retail Action Project. "Workers are seeing their wages and benefits shrinking. [Retail companies] encourage turnover instead of

African-American high school student who works as a cashier part-time at Abercrombie & Fitch on Fifth Avenue, told Metro he saw his schedule halved after working five months at the company. Statistically, black and Latino workers were more likely than white workers to get their hours reduced or changed without their consent, according to the report.



good," said Cole, who lives in Bed-Stuy and supports himself on his wages. "Now they only give us two days a week. A select few get five days and some new people get six days. It's not fair. They don't care.'

Abercrombie & Fitch did not respond by deadline.

EMILY ANNE EPSTEIN

Quoted

"In spite of industry profits, workers are still struggling. It's not trickling down."

CARRIE GLEASON. DIRECTOR OF THE RETAIL ACTION PROJECT

"I make \$9 an hour on Fifth Avenue in **New York City. I feel** I should get the pay I deserve."

IAY COLE. **ABERCROMBIE & FITCH WORKER**

Schumer: Work together to stop iPhone thefts

NEW YORK. With iPhone thefts sharply on the rise in New York City, U.S. Sen. Charles Schumer said it's time the NYPD talks directly to companies like AT&T and T-Mobile about what they can do to stem the crime increase.

AT&T will hold a security meeting in the city on Jan. 23, and Schumer said he wants the NYPD present at the hear-

70% percent of the Ocellphones stolen on subways and buses this year were iPhones, according to the NYPD.

ing, to give a firsthand report on the rapidly rising rate of smartphone theft.

METRO/CB



NJ woman gives birth to baby aboard PATH train

JERSEY CITY. A woman gave birth to a baby while aboard the PATH train yesterday, according to the New York Post. The 31-year-old woman and

"She was not in labor long."

RON MARSICO, PORT AUTHORITY SPOKESMAN, ACCORDING TO THE NEW YORK POST

her husband from Harrison, N.I., boarded the train at Journal Square and she went into labor shortly thereafter. To accommodate the baby, the conductor skipped stops and went straight to 33rd Street.

Cops who responded said the father delivered the baby on the floor of the car surrounded by other riders.

METRO/EAE

metr

new york **NYC's #1 FREE DAILY** TUESDAY, JANUARY 17, 2012

Girl killed at notorious intersection

\$463M bill to knock it down

The state will go ahead with its planned \$463 million renovation of the Jacob K. Javits Center on the West Side of Manhattan — even though Gov. Andrew Cuomo wants to tear down the aging and underused convention center.

A three-year expansion of the 18-acre Javits Center will proceed, according to a report in the New York Post, and will

be done by October 2013.

But Cuomo said earlier this month that, although he has plans for a convention center in Manhattan, it does not include Iavits.

Javits is "obsolete and not large enough to be a top-tier competitor," said Cuomo in his State of the State speech on Jan. 4.

METRO/CE

"Finishing this work will allow Javits to hold on to the business it has ... while it still stands."

AUSTIN SHAFRAN, EMPIRE STATE DEVELOPMENT CORP., WHICH CONTROLS THE JAVITS CENTER



A 12-year-old girl was struck and killed at a notoriously dangerous Lower East Side intersection Friday, prompting a renewed outcry from elected officials for a safety overhaul at the crossroads.

The girl, Dashane Santana, was struck by a van on her way home from school, as she crossed the busy intersection of Clinton and Delancey streets just after 2:30 p.m. on Friday, according to police. She dropped her book bag, and bent down to pick it as the traffic light turned green. That's when she was struck by a 2006 Toyota Minivan traveling eastbound on Delancey Street, according to reports.

When police got there, they found the girl lying on the ground, severely injured. She was rushed to Downtown Beekman Hospital but was pronounced dead on arrival.

The driver of the van, a 58vear-old man, remained at the scene and was not arrested for the death, which police are ruling a tragic accident.

Delancey Street, at the base of the Williamsburg Bridge, is no stranger to traffic accidents. Between 2008 and 2010, 523 car accidents occurred at the nearby intersection of Delancey and Essex streets, according to Manhattan Borough President Scott Stringer. During that same two-year time period, more than 130 cyclists and pedestrians were struck on Delancey, according to Transportation

A young life

ends too soon

- Dashane Santana, a sixthgrade student at Castle Middle School on Henry Street, had just applied to the Juilliard School, her mother Shamika Benjamin told the New York Post. She played the flute and the piano, and she dreamed of becoming an
- She was overjoyed when she landed a spot as an extra in "Broken City," a Russell Crowe drama which filmed on the Lower East Side last fall.
- The girl, who lived in the nearby Jacob Riis II Houses, was headed to a doughnut shop with a group of friends for an after-school snack when she was hit by the car and killed.

Alternatives.

Stringer joined other elected officials in calling for an immediate Department of Transportation review of the Delancey crossroad.

Among the ideas floated are increased pedestrian crossing times, expanded medians and improved signage for pedestrians.





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TUESDAY, JANUARY 17, 2012



Adopt a pet: Best friend on three legs!

Meet Hammie, a 2-year-old pit bull mix who can't wait to have a family to call his own. Hammie was rescued by the ASPCA, but unfortunately had a bad accident and lost his front leg. But he quickly learned how to walk and run again and loves playing with friends. Hammie has lots of energy, so he needs exercise every day. He already knows how to sit on command.



metr

new york **NYC's #1 FREE DAILY** TUESDAY, JANUARY 17, 2012



Underground Railroad stop in Manhattan

A brownstone in Chelsea was celebrated over the weekend as the only verified stop in Manhattan on the Underground Railroad. The building, at 339 West 29th Street, was owned by Quaker abolitionist James Sloan Gibbons. He provided shelter to escaped African-American slaves on their way to freedom in Canada, according to Fern Luskin, a professor at LaGuardia Community College who discovered the history of the building. METRO/CB

More hate graffiti found in Brooklyn

Police are investigating three new incidents of anti-Semitic hate crimes in Brooklyn over the weekend.

On Saturday, residents in the heavily Jewish neighbor-hood of Midwood discovered the message "Die Jews" written alongside three black swastikas on a garage door. The hate graffiti was scrawled less than 100 feet from the home of N.Y. Assemblyman Dov Hikind.

Across the street, two swastikas were also found spray painted on the door of an apartment building.

And on Sunday morning, two more swastikas were found on a Jewish school on Ocean Parkway, according to reports.

These are only the latest hate-crime incidents in New York: A group is suspected of tagging four stores along Sixth Avenue with swastikas last



"Brooklyn is home to the largest **Jewish population** outside of Israel, so it's particularly upsetting that we are still seeing incidents of hatred and intolerance."

BROOKLYN BOROUGH PRESIDENT MARTY MARKOWITZ

A swastika was also discovered at the Kent Village Housing site last week in a predominantly Jewish section of Williamsburg, according to Councilman Steve Levin. Some residents of the housing complex are Holocaust survivors, and they were appalled to see the swastikas, according to Rabbi David Niederman, director of the United Jewish Organizations of Williamsburg.

In an unrelated incident, police announced yesterday they arrested David Haddad, 56, and charged him with making various anti-Semitic threats to his mother and other elderly women in Manhattan following a family business dispute. Haddad, who is Jewish, was charged with a hate crime.



Ovarian Cancer: Am Lat risk?

Presented by NYU Cancer Institute, an NCI-designated Cancer Center

If you're a woman, you have at least some level of risk for ovarian cancer. In this lecture, we will explore the risk factors associated with ovarian cancer, helping women to better understand the importance of their gynecological health. You'll also learn how to assess your own personal risk, reduce certain risk factors and manage those that you cannot. And adding to the exploration, a survivor will share her story.

Educational materials provided by Project Hope for Ovarian Cancer Research and Education. www.projecthopeforovariancancer.org

Samantha M. Dunham, MD Clinical Assistant Professor Department of Obstetrics and Gynecology

Stephanie V. Blank, MD Assistant Professor Department of Obstetrics and Gynecology

Franco M. Muggia, MD The Anne Murnick Cogan and David H. Cogan Professor of Oncology Department of Medicine

6:00 PM to 7:30 PM 550 First Avenue (at 31st Street) **Alumni Hall B**

Please visit www.nyuci.org/rsvp or call 212-263-2266. Please provide your name, phone number, the name of the lecture and number of people attending.



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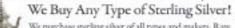


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Metropolitik: DC gossip gone wild

Welcome to Metropolitik, a new Metro feature designed to bring you, our busy reader, the most up-to-date, off-the-wall election coverage that no money can buy. However, please take note: In our march toward truth and accuracy in reporting, we reserve the right to smear, besmirch, mock, uplift and ultimately destroy any public personality in the U.S. political sphere who has the misfortune of misspeaking, misstepping or any of several other pratfalls that begin with "mis." For complaints, suggestions and offers of male sexual enhancement, please e-mail us at brayden.simms@metro.us.

And then there were five.

Former ambassador to China and Mitt Romney understudy Jon Huntsman has withdrawn his bid for the 2012 Republican presidential nomination, teaching us that it takes more than a nice face and Chinese as a second language to impress the American right.

Fresh off the campaign trail, Huntsman is now perfecting his role as dutiful understudy, borrowing a move from the Mitt flip-flop playbook and promptly reversing course on his Mormon brother. Having just a week ago denounced Romney as "completely unelectable", hunter Jon has now turned around and endorsed him, describing Romney as the candidate "best equipped to defeat Barack Obama.

Curious. Does Huntsman mean "defeat" as in "on the field of battle?" How else to explain how he so positively de-



Metropolitik



BRAYDEN **SIMMS**

POLITICAL REALISM FOR THE URBAN PROLETARIAT

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scribes the electoral prospects of someone he finds totally unequipped for victory?

No matter, it's all water under the bridge now, as the Huntsman campaign has backtracked on months of negativity, rewriting attack rhetoric and removing the scathing anti-Romney Web videos it had put together. ("When there's a question about whether you're running for the White House or running for the Waffle House, then you've got a big problem with the American people," Huntsman had said of Romney in late 2011.)

Romney is now probably hoping the Huntsman bump is somewhat more effective for him than it was for Huntsman.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

GET FED

Because sometimes you've only got time to skim the headlines:

- "Snooki endorses Trump for president" HUFFINGTONPOST.COM
- "Santorum Accuses Rival's Group Of 'Smear Campaign" HUFFINGTONPOST.COM
- Fox News: 'You Can Pee on Me All You Want, Don't Shoot Me"
- POLITICUSUSA.COM "Perry on Huntsman dropout: I'll miss the Jon airls" **POLITICO.COM**
- "Jon Huntsman's Campaign Killed By Terminal Dullness" THE DAILY BEAST
- "Scott Brown And Elizabeth Warren To Talk Third-Party Ad Detente" TPM.COM

"If Mitt Romney really believes 'corporations are people, my friend', then Mitt Romney is a serial killer."

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TUESDAY, JANUARY 17, 2012

O9

News in brief



Iranian ban for 'decadent' Barbie

TERHAN. Irans morality police are cracking down on the sale of Barbie dolls to protect the public from what they see as pernicious Western culture eroding Islamic values, shopkeepers said yesterday.

As the West imposes the toughest ever sanctions on Iran and tensions rise over its nuclear program, inside the country the Barbie ban is part of what the government calls a "soft war" against decadent cultural influences. REUTERS

Wikipedia to shut down in protest

NEW YORK. Wikipedia, the popular community-edited online encyclopedia, will black out its Englishlanguage site for 24 hours to seek support against proposed U.S. anti-piracy legislation that Wikipedia founder Jimmy Wales said threatens the future of the Internet. Instead of its normal information trove, the site will urge Wikipedia readers to contact their local congressman to vote against the bills. Other, smaller sites leading the campaign include Reddit.com and Cheezeburger. REUTERS

Hackers target Israel bank, airline

JERUSALEM. Hackers disrupted online access to the Tel Aviv Stock Exchange, El Al Airlines and three banks yesterday in what the country's government described as a cyber-offensive against Israel. REUTERS

Still searching for 29 as ship shifts

A stricken Italian cruise liner shifted on its rocky resting place yesterday as worsening weather disrupted an increasingly despairing hunt for survivors. Meanwhile, authorities raised their estimate of the number missing to 29 people.

As the Costa Concordia's owners blamed their captain for veering shoreward on Friday in a bravura "salute" to residents of a Tuscan island, the giant ship slid a little, threatening to plunge its whole gigantic carcass and 2,300 tons of fuel below the Mediterranean waters of the surrounding nature reserve.

The slippage forced rescuers to briefly suspend their efforts to find anyone still alive after three days in the capsized hull, resting on a jagged slope outside the picturesque harbor on the island of Giglio. Six bodies have been found. Most of the 4,200



\$90M

Amount Carnival expects to lose as a result of the boat being out of commission for the rest of the year. passengers and crew survived, despite hours of chaos.

An Italian coastguard official said the number of people missing had been revised up to 29 — 25 passengers and four members of staff — from 16, showing how much uncertainty still surrounded the disaster.

Other details

- **ENVIRONMENTAL RISK.** Italy's environment minister raised the prospect of an environmental disaster if the 2,300 metric tons of fuel on the halfsubmerged cruise ship leaks. The ship's fuel tanks were full. having just left the port of Civitavecchia, north of Rome, for a week-long Mediterranean cruise. The area where the ship capsized, off the island of Giglio, is a natural maritime park noted for its pristine waters, varied marine life and coral. It is known as an excellent diving site.
- AT FAULT. Over-reliance on electronic navigation systems and a failure of judgment by the captain are seen as possible reasons for the crash, maritime specialists say.

Investigators say the ship was far too close to the shore. The captain, who the ship's owners said carried out the rash maneuver to "make a bow" to people on the island, has been arrested. The skipper denies charges of manslaughter. REUTERS



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The feed ...

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Elizabeth Banks is running late, Dax Shepard is indifferent to Friday, Juliette Lewis is not enjoying apartment living and Jason Batemen has a problem with toys.

A Elizabeth Banks Traffic. Right?

@daxshepard1

The only downside of loving your job is a decreased enthusiasm for TGIF.

AJulietteLewis

I am fascinated by my upstairs neighbors "activities". Like what could produce the constant creaks, elephant walking,moving of furniture etc

Abatemanjason

I'm addicted to Activision's SKYLANDERS.
Went to three stores yesterday - all sold out of the action figures. Had to go black market. Help.



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THE WORD



Metro's **Dorothy Robinson** shares her take on the world of gossip **& @dorothyatmetro w dorothy.robinson@metro.us**



Kelsey Grammer: Expecting twins

Kelsey Grammer knows how to move on from his ex-wife, "The Real House-wives of Beverly Hills" star Camille Grammer. After winning the Golden Globe award for Best Actor in a Drama Series, the 56-year-old star had another announcement to make: He and wife Kayte Walsh, 30, are expecting twins, he revealed to reporters backstage.

"I'm really looking forward to meeting these new arrivals," says Grammer, who has four children from previous marriages. "Fatherhood's always different, based upon the character that comes into your life. They arrive and tell you what you have to do."

Madonna and Elton John: The feud

Elton John and Madonna are in the middle of a huge feud and honestly, I haven't seen two queens go at it this hard since "RuPaul's Drag Race."

It started Sunday night at the Golden Globes, when both of the icons were nominated against one another in the category of Best Original Song. Madonna was nominated for "Masterpiece" in "W.E." while Elton was tapped for "Hello Hello" from "Gnomeo & Juliet."

When asked by **Carson Daly** on the red carpet about the chances of Madonna winning, EJ quipped: "Madonna doesn't have a f—ing chance."

Then, when Madonna actually won, Elton's partner, **David Furnish**, went onto Facebook to vent his frustration. "Madonna. Best song???? F—off!!!" Not satisfied, he continued his rant: "Madonna winning Best Origi-

nal Song truly shows how these awards have nothing to do with merit. Her acceptance speech was embarrassing in its narcissism," he wrote.

Madonna won't fight dirty though, and backstage she was the definition of polite.

"I hope he speaks to me for the next couple of years," she said about John. "He's been known to get mad at me so I don't know. He's brilliant and I adore him so he'll win another award. I don't feel bad!"

Way to take the high road, Madge. You could have easily just pointed out that the man known for such classics as "Candle in the Wind" and "Rocket Man" was this year hoping to win an award for a movie called "Gnomeo & Juliet."



Talking points

Brand doesn't play it coy

If you want to know how **Russell Brand** is handling his split from **Katy Perry**, you'll just have to come out and say it. Brand played coy when, during a press conference for his new TV series "Strangely Uplifting," a reporter simply asked how he was doing, according to Hollyscoop. "I'm quite well, thank you," Brand said. "Are you asking because of recent events? Well, I sup-

pose what you're doing is you're making the mistake of seeing time as linear." While Brand tried to avoid discussing his personal life, he does admit it will likely play into his new show. "I think there will be inevitable biographical elements because you can't speak from anyone's perspective but your own," he said.

Wilde and Sudeikis make it official

Olivia Wilde and "Saturday Night Live" star Jason Sudeikis went public with their romance over the weekend after months of quietly dating, adorably locking lips while



out for a stroll in New York City's West Village, according to Us Weekly. Sudeikis split from **January Jones** last year after six months of dating, while Wilde's divorce from **Tao Ruspoli** was finalized in October.

Locklear: 'Out of control'?

While reps say she's doing fine, **Heather Locklear**'s recent hospitalization was reportedly her family's idea because the actress was "out of control" on drugs and alcohol, according to Entertainment Tonight. "Heather became a different person on drugs," a source says, adding that Locklear may be heading to rehab. Locklear was rushed to the emergency room after ingesting a dangerous mix of alcohol and prescription pills, according to reports. Her parents have released a statement saying all is well, though: "She is in no danger, and she's going to be just fine," they say.

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Golden Globes red carpet rundown







Best-dressed

- 1. Angelina Jolie had the perfect Atelier Versace dress, hair, makeup -and, well, date.
- 2. Charlize Theron embraced girly glam in a blush Dior Couture gown and sparkly vintage Cartier headband, J'adore!
- 3. Salma Hayek, in Gucci, brought some much-needed curves to the red carpet. We thank her.
- 4. If you're going to wear black, this is the way to do it. **Rooney Mara,** in Nina Ricci.
- 5. So many starlets made us yawn by choosing dresses based on their comfort factor, but Emma Stone, in Lanvin, struck the perfect balance of effortless and beautiful in her floaty gown.
- **6.** Androgynous goddess **Tilda Swinton** looked so badass in this Haider Ackermann suit/gown.
- 7. Jessica Biel, we know we've called your looks boring in years past, but you really shut us up last night. Congrats on knocking it out of the park in lace Elie Saab Haute Couture and that engagement to





Plunging necklines

- Evan Rachel Wood
- ► Emma Stone
- Charlize Theron Roonev Mara





Bold red lips

- Claire Danes
- Angelina Jolie
- Dianna Agron Mireille Enos



Long sleeves

- ► Michelle Williams
- ▶ Jessica Biel
- Julianna Margulies Laura Dern
- TINA CHADHA





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TV watch list

'Justified'

DRAMA. Deputy Marshal Raylan Givens is on the mend after last season's shootout-filled finale, but the bad guys he meets this year aren't the kind who are going to be offering him a smile and apple pie like his old foe Mags Bennett. The new threat is dapper and dangerous and comes by way of Detroit. Season premiere, 10 p.m., FX

'Remodeled'

REALITY. Modeling agent Paul Fisher envisions overhauling the industry by creating a network of small agencies called, simply, The Network. He'll visit those small-town partners in search of the next modeling superstar and teach those agencies how to offer services on par with what they'd find in NYC. Series premiere, 9 p.m., The CW AMBER RAY

FX at TCA: Why the network signed Sheen

TCA diary

The Television Critics Association press tour, a meeting of journalists and networks to preview new and returning series, kicked off Friday, Jan. 6. Follow Amber on Twitter at @amberatmetro and visit www.metro.us/tv for more TCA updates.



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America will receive its first glimpse at Charlie Sheen in a sitcom post-"Two and a Half Men" in June when his new comedy, "Anger Management," debuts on FX, the network announced at the Television Critics Association press tour in Pasadena, Calif., on Sunday. But the Charlie Sheen we'll see will be a far cry from the angry, outrageous, self-described ning warlock" who was fired from "Men" amid scandal in 2011 — at least according to the head of FX

In the new series, Sheen will play an anger management counselor whose antics are buffered by the women around



him - his 13-year-old daughex-wife and friend/mentor. John Landgraf, president and general manager of FX Networks, called this the kind of role "Charlie ought to be playing at this point, in the sense that he is a character who has a checkered past, but is pretty self-aware, and is struggling in a very honest way with

that checkered past and a desire to do more positive things in his life."

Landgraf insisted that adding the series to the FX lineup isn't a "cynical publicity stunt." He picked up the come-dy — based on the 2003 movie due to the "really excellent pitch" Sheen and the series' showrunner, Bruce Helford, presented. It was so good, in fact, the network has given the "Anger Management" team unusual creative license lot was shot, nor has FX even seen a script.

"We're a network that likes to take risks," Landgraf reminded reporters.



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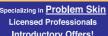
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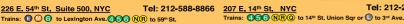
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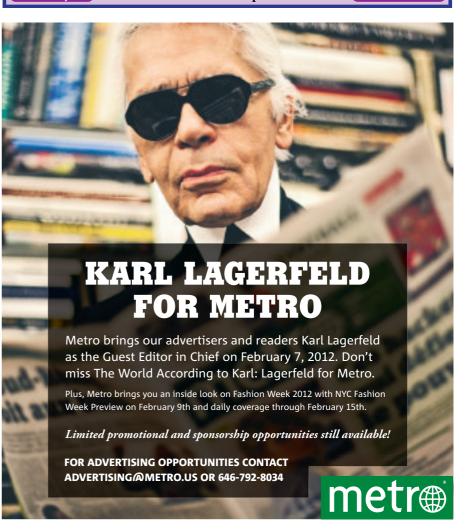
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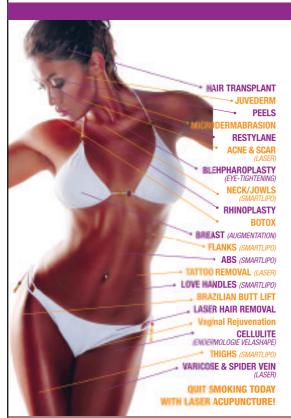
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• Don't miss all-star ensemble bringing classic Sondheim back to Broadway ♥ Only days remain show closes Jan. 22 at the Marquis

There are two ways you can learn a strict lesson in regret: Catch "Follies" on Broadway before it closes this Sunday or don't. The plot is former showgirls, decades past their prime, reuniting in an old theater that's about to become a parking lot. The cast features heavyweights Bernadette Peters, Jan Maxwell, Elaine Paige, Danny Burstein and Ron Raines — plus a powerful supporting cast belting out such Sondheim favorites as "Broadway Baby,"
"I'm Still Here" and "Losing My Mind." It's an extraordinary opportunity to see a slightly older ensemble bringing their ex-

pertise to the stage. Slow to start, "Follies" is a simmering story of past meeting present that boils over in the second act - when a giddy dreamscape of the theater's glory days almost sadistically underscores the demons that have plagued the four central characters through the years. Despite brief illusions of rekindling ancient relationships, the boozy couples must ultimately sober up from their unrealistic

If you go

'Follies' Through Jan. 22 **Marquis Theatre** 1535 Broadway \$56-\$188 www.folliesbroadway.com

what-ifs. Confronting each other is only half the battle; it's when the mature protagonists are forced to reconcile with themselves that the true heart of this work emerges.

All throughout, skyscraper showgirls sparkle in the shadows. A simple touch on an otherwise bare stage, these glittering ghosts accentuate the haunting atmosphere.

The musical debuted in New York in 1971 and was later revived in 2001 and 2011, receiving mixed reviews until its latest moody, magical incarnation - making this one the "Follies" you don't want to miss.





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• When it comes to your next job, it's all about the relationships you make now, says 'The Career Guy'

After 15 years of executive recruiting, in 2000 Darrell W. Gurney reinvented himself as self-help author "The Career Guy." To use the parlance of the industry, it was a successful rebranding.

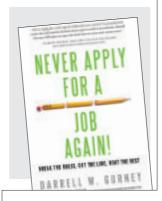
In his first book, "Head-hunters Revealed," Gurney wanted to share the strategies of corporate placement agencies with a larger audience. His latest effort, "Never Apply for a Job Again! Break the Rules, Cut the Line, Beat the Rest," hits stores this week. This time, The Career Guy is attempting to inspire his readers to end their social hibernation. And, above all, he stresses the importance of informal networking.

"You want to pull people in because of your passion and enthusiasm. rather than [repel] them because of your desperate need." DARRELL W. GURNEY

"The minute your outreach to people is that you need a job from them, you will get nowhere," he explains. "You want to pull people in because of your passion and enthusiasm, rather than [repel] them because of your desperate

Gurney points out that very few job opportunities happen the way we typically anticipate them. His advice: Stop spending so much time applying for jobs and start initiating conversations with professionals already around you. "Through the 'front door' you're competing with thousands of applicants, and you're completely locked into your résumé. You can't get beyond your past," Gurney says. "Through what I call 'the back door' — through relationships — it's the relationship that comes first, not vour résumé."





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It's well understood that a workplace of similarly minded drones makes for a static environment. Also, it is required by law that companies be equalopportunity employers. But aside from the obvious and the legal, there are reasons that diversity lends itself to building a stronger company.

Dr. James Smither, professor of management at La Salle University, defines diversity as "the differences among people in terms of their personalities, underlying values and training." It is these aspects that make a powerful team. "Deep diversity can be beneficial to the team as a whole because it creates a team with broader knowledge

and perspectives that in turn can enhance the quality of problem solving," he says.

The benefits of a diverse work force aren't limited to the office. "The world is quickly becoming one giant multicultural marketplace in which U.S. companies vie for market share with competitors across the world," says Peter Aranda, CEO at The Consortium for Graduate Study in Management. "If American businesses want to stay in the game, they must become much more attuned to the nuances and needs of disparate cultures."



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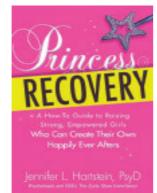
Raising a daughter in the age of the princess

• Your little lady is inundated with messages on what it means to be a girl in today's world • How you can help her develop independence

here's a major epidemic taking over the minds of young girls everywhere: the princess syndrome. Jennifer Hartstein, PsyD, wrote "Princess Recovery: A How-To Guide to Raising Strong, Empowered Girls Who Can Create Their Own Happily Ever Afters" to help parents understand why today's daughters are struggling with bouts of both entitlement and insecurity. Today's girls are groomed to outward for their selfworth, Hartstein says, and the expectations for their looks and behaviors are flying at them faster — and earlier — than ever before.

"Girls are bombarded consistently by messages — starting at very early ages — of what's supposed to be girly," Hartstein says. "They get pi-geonholed into thinking that girly means pink and dolls and playing house. There isn't a lot of information given at young ages that promotes any encouragement to play with trucks, or go to science and math. They get very mixed messages all the way around. And those messages start at 2, 3 and 4 and then develop into concrete identities as these kids get older. They may think that the only way to succeed in life is to be pretty, or to have the right clothes, or [that] being a little geeky is bad and no one will like you. They get this message





early on that doesn't promote real exploration of things that might make them feel good or be excited — they get some-thing superficial."

But there are ways to ensure your daughter grows up with a healthy mind-set. Hartstein recommends the following:

Know what's out there

"Parents need to know what messages are being given to their kids and they are also giving to their kids. They might watch all these movies about the princess being saved by the

prince ... little kids think that that's reality. You want to talk to them about how they might be able to help themselves in situations and really promote a sense of awareness and ways that they can be self-sufficient. And kind of piggybacking on that, what are your own feelings about what those messages are? [Kids] learn from

Let her choose her interests

"You want to encourage exploration in all ways. Don't discourage your daughter from wanting to play with what are typically boy toys. Toys are toys. I think encouraging exploration of all that is really something that parents need to be able to do and feel comfortable

Have conversations

"Talk a lot, Talk about what your kids are seeing, what their interpretation is of it, what it means to them. Start those conversations often and early."

Get the whole family involved

"Dads have as much of a role here. They're just as important."

MEREDITH ENGEL

Hartstein on 'Toddlers & Tiaras'

"What they show is these girls who are really praised and supported because they're cute and sweet," she says of the popular TLC show. "I don't care how many of these moms say,



'But they have a normal life outside!' This is where they're deriv-

17

ing so much meaning. They learn, 'As long as I can make you smile, I will get what I want from you.' What does that mean when you're 13? ... [The problem gets] bigger as kids get older.

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New kids books come with valuable lessons



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You can teach your children about Asian culture through the new Fujimini Adventure book series. Author Eileen Wacker infuses elements of Chinese, Korean and Japanese culture into her stories, which follow the journeys of character pandas, penguins and rabbits. The first four titles in the series are now available, with eight more in store





'Poodles. **Noodles and** Snickerdoodles'

\$15, www.amazon.com

Promote your child's healthy eating with this book, which tells the story of puppies who undergo a diet change that makes them lazy and inactive. In Kathy L. Raunikar's story, the dogs must relearn how to eat right in order to get back to running, jumping and playing with other pups. METRO/ME

Tips

Cold play

Winter winds can be dangerous for kids when they're outside. Use this guide to windchill how cold it actually feels - to keep your child safe.

Windchill: 32°F and up Verdict: It's safe to play outside.

Safety tip: Dress your child in layers, with a hat and mittens or gloves (and watch big kids, who may ditch their coats). Babies and young toddlers develop hypothermia faster than older children, so bundle them in one layer more than you would wear.

Windchill: 13° to 31°F Verdict: Be cautious. Safety tip: It's okay for your kid to be out. But watch for signs that he or she's too cold, such as shivering or fatigue,



and take indoor breaks every 20 to 30 minutes to warm up. Your kid's body temperature will drop much faster if he or she gets wet, so swap soggy gloves and hats for dry ones.

Windchill: Below 13°F Verdict: It's unsafe for outdoor play. Safety tip: Keep him or her in-

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side today. As the windchill factor approaches 0°F, there's a serious risk of frostbite. SALLY KUZEMCHAK FOR PARENTS



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Have you ever wondered how different your life would be if you could get rid of your knee pain? Where would you go and what would you do? What would you give for a day, week, or lifetime of pain-free mobility? I'm pleased to announce that knee pain sufferers don't have to wait any longer to get the most advanced non-surgical FDA cleared treatment.

If you suffer from any degree of knee pain, I invite you to regain control of your life by visiting NY Rehab, a state of the art medical facility.

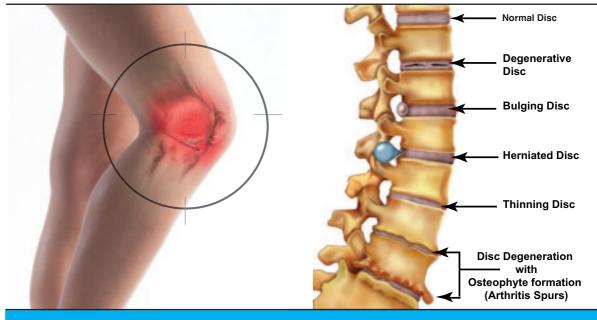
What causes osteoarthritis?

Osteoarthritis is a joint disease caused by cartilage loss in a joint. Factors that contribute to osteoarthritis include:

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- Joint injury
- Joints that are not properly formed (alignment/imbalance problems)
- A genetic defect in the joint cartilage
- Stresses on the joints from certain activities including sports, work and leisure activities

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Do you have difficulty going up and down stairs due to knee pain?

Are you considering surgery to alleviate knee pain? Have you tried everything to get rid of knee pain with no success?

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How do I know that this is right for me?

In most cases, if you have knee pain, this is a great solution. Our doctors will give you an honest and fair evaluation of your particular knee pain. Space is limited for the lirst 30 callers! Call today to schedule your knee evaluation.

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Enough with blame; let's just get better

RE: "WHERE TO PLACE BLAME?": Yes, let's all continue to bicker and argue and play these two-party blame games with each other like little children, because that has really helped this country progress in the last few decades. Seriously though, can't we all just sit down together, discuss our differences of opinions and compromise? It seems to me that's what a civilized society would do.

What this country needs is a second political party, not to mention a better-informed electorate that gets information from the controlled media. This country has been in trouble with both political parties in power, especially the "conservative" Republi-

TRENT SANER, BROOKLYN

cans. Liberals posing as conservatives has been our lot for many decades, and the media has spent billions convincing us of these falsehoods. Perhaps there is one candidate running for president who is not part of this media created charade. His name is Dr. Ron Paul.

FRANK ST. GEORGE, EAST ROCKAWAY

Let's hear the truth about Ron Paul. Yes he wants to cut the FDA, the EPA and the OSHA. He also wants to end the overseas and drug wars, corporate welfare (subsidies and bailouts), the Federal Reserve bank and the futile Department of Education. These cuts will save us trillions, essentially bailing out the private sector by letting us keep our money, along with restoring the value of the

dollar. In response to Cuddy's argument, the 14th Amendment guarantees the bill of rights applies to everybody, so concerns that somehow local state governments will become dictatorships are unfounded. DREW HOUSER, VIA E-MAIL

"We should've ... set up a booth to urinate on [bin Laden]"

RE: "URINATION VID STIRS ANTI-**US OUTRAGE ABROAD":** There is such an uproar about the soldiers who urinated on the dead terrorists. Two things: First, they were dead. And second, they were terrorists! Maybe we should ask the people who lost loved ones on 9/11 what they think about it. I'm sure they aren't too upset. When we killed

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bin Laden, we should've brought his body to Ground Zero and set up a booth to urinate on him and charge \$100 dollars per person. Our economy would've rebounded right away. Millions would have been generated. tourism would've increased tenfold.

ROBERT LA ROSA, WHITESTONE

Obama must take some responsibility

LIBERALS. I voted for Obama but come on liberals, he's been in office more than three years and has to take some of the blame for what has happened in this period: unemployment averaging nearly 9 percent, a budget deficit that has soared about \$1 trillion, the continuation of the Bush tax cuts that he reviled during his election campaign, high teen pregnancy rates and the continued deterioration of the housing market. Are we better off than we were four years ago? Mostly, we are not. RON FALCON, VIA E-MAIL

Horoscope

Capricorn Dec. 22-Jan. 19. Because vou'll innately understand certain things that aren't necessarily obvious to others, trust your own instincts over the general consensus. Aquarius Jan. 20-Feb. 19. For some strange reason, your sense of timing will be better than ever and could prove to be an enormous asset. When you feel the moment is right, play your trump cards.

H Pisces Feb. 20-March 20. Information you receive from a trusted ally could contain some hidden ramifications that require a great deal of thoughtful analysis. You should carefully evaluate everything.

T Aries March 21-April 19. You may have to deal with some challenging developments, but you won't have any trouble solving problems.

Taurus April 20-May 20. It won't bother you one bit if an idea or suggestion that's offered by another is superior to anything you've thought of. In fact, you'll welcome clever thinking of every stripe.

II Gemini May 21-June 20. Being materially motivated will substantially enhance your effectiveness and productivity. When you see a chance to make a dollar, you won't hesitate to do what you must to earn it.

Gancer June 21-July 22. Because

you're a good listener, you're likely to pick up all kinds of bits of information that could collectively prove to be beneficial. Don't ever stop learning.

 $\mathbf{\Omega}$ Leo **July 23-Aug. 22.** A situation that has been hanging fire for far too long can be successfully brought to a conclusion. If you see a sudden opening, act on it with boldness and alacrity.

TV Virgo Aug. 23-Sept. 22. Upgrade that operation or endeavor in which you are presently involved the moment you get the chance to do so. Such an opportunity won't come again soon.

Libra Sept. 23-Oct. 23. You could be exceptionally fortunate in your commercial affairs if you're willing to act as soon as a likely opportunity manifests itself. Don't sit around wondering if it'll work — just do it.

M Scorpio Oct. 24-Nov. 22. Good news that will substantially elevate your hopes and wishes is on its way. at long last. It will enable you do something you've thought about for a quite a while.

₹ Sagittarius Nov. 23-Dec. 21. You should closely listen to the advice of others about how to make or save money — but then follow whatever course makes the most sense to you. Heed your own intuition.

REPRICE BEDE OSOL

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- 12 Loved to excess
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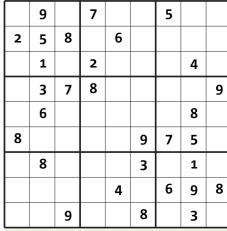
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- 20 Arith. term 22 Border st.

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- 24 Mosey along 26 Rum cake
- 27 Surmounting 28 Give a high-five
- 29 Sheik's bevy 30 Rolex rival 31 Blue color
- 33 Praise to the skies
- 34 Links org. 35 Red-waxed cheese
- 36 Guidry and Howard 38 Engaging
- 41 Webster or Beery
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- 45 Low point 46 Corn-chip name
- 47 Tool with a bubble 49 Spider traps 51 Blah
- 52 Easy way out 53 Shows approval
- 54 Hockey score 55 Perimeter
- 56 Did batik 59 Meadow

5 8 2 9 5 2 3 8 5 4 7 2 3 6 7 1 9 9 8 4 1 9 5 3 4 8 2 8 7 4

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How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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With Essaouria, visitors to Morocco get a chilled-out alternative to the bustle of Marrakesh ● This coastal town has been a magnet for bohemian tourists who are attracted by its relaxed vibe and cultural buzz

In the tranquil fishing port of Essaouria, with its crescent-shaped bay and honey-colored stone battlements, you can escape the crowds of Marrakesh and discover a gentler Morocco.

This bohemian enclave is the answer to that vacation holiday dilemma — lounge on an exotic beach or take a cultural city break? Essaouira won't make you choose.

Amble down its maze of narrow streets, with shadowy doorways and blue shutters clattering in the wind, and you feel like you are trespassing on a film set. The thick ramparts with their cannons pointing out to sea hint at centuries-ago strife in this forgotten bastion, left behind by the Portuguese.

Essaouira is a three-hour drive from Marrakesh and popular with day-trippers, but it is ideal for a longer stay. It is one of the world's most popular spots for windsurfing and it's possible to rent a bike and explore the sand dunes.



Traveler's tips

Stay: Villa Maroc

Villa Maroc was Essaouira's first boutique hotel and has a luxury edge on the others. Boasting 21 bedrooms, seven lounges and a roof terrace overlooking the ocean, it somehow still manages to retain a homey feel.

www.villa-maroc.com

Do: Any number of festivals
Essaouira plays host to a number of festivals, the most popular of which is the Gnaoua and World Music Festival in June which celebrates fusion with collaborations between jazz, pop, rock and traditional — plus the hypnotic lute-fuelled sounds of Gnaoua. Most



festivals are free.
www.festival-gnaoua.net
Eat: Street stalls

Follow the squawks of the seagulls down to the sea walls and eat freshly caught crab or sardines. Watch it being grilled before you as the blue fishing boats bring in their gleaming catches. Alternatively, stop off at one of the many food stalls and try a chicken and almond or pigeon pastilla.

Spend time doing nothing

You can easily while away an afternoon strolling down the glistening beach, negotiating your way past the constant offers of hashish and space cakes from street hustlers. If you

want to escape a nose full of fish, wander to Essaouira's central square, the picturesque Place Moulay Hassan where you can listen to the muezzin's call. While the sun sets, enjoy an African coffee and pastry slathered in argan honey, a regional delicacy.



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K

In the news



Hughes avoids arbitration

The Yankees came to an agreement yesterday with Phil Hughes on a one-year deal to avoid arbitration.

Hughes struggled last year with a 5.79 ERA and his position in the rotation is now in question.

LET IT SINK IN

One month after team was on verge of collapse, they are playing with total confidence

One day after a monumental upset — in a decidedly matter-of-fact way — the Giants were still getting used to being just one game away from the Super Bowl.

"The guys on this team have been phenomenal all year," wide receiver Victor Cruz said. "We understand this is a special time for us and we have to take advantage of it and soak in all the time and be ready to play this upcoming weekend."

To say it's been an incredible turnaround would be an understatement. It was just six weeks ago this team was on a four-game losing streak. And even after that, less than a month ago, the team was facing an elimination game on Christmas Eve against the Jets. Head coach Tom Coughlin was on the hot seat and fans had already replaced defensive coordinator Perry Fewell with Steve Spanuolo in their minds.

Now, they're preparing for an NFC championship game.

"The ride didn't go the way you wanted it to go, but we did what we set out to do this season, which is to win our division and have a chance to



play in the postseason," safety Antrel Rolle said. "We granted ourselves that wish and we've been playing great ball."

To say the team is playing with a high level of confidence would be an understatement.

"We wouldn't say we're unstoppable, but our mindset is extreme at this point," Rolle said. "We're not going to be denied. That's our mindset. I might be a little biased, but in our minds we can't be beat.

We have one goal in mind, which is to win the championship."





Defense is starting to get credit

Defensive end Osi Umenyiora said he's proud of the way the team is jelling, but claimed he's not shocked.

He added they've always had the talent. It just took a little while for key guys to get healthy and get back to playing the 'Giants way.'

"We know we're a good football team and we're a great defense. We might not have showed most of it during the regular season, but that doesn't matter now," said Umenyiora. "This is the postseason and we're playing the way we're supposed to be playing right now. ... So hopefully we'll keep it going and take this thing all the way." TONY WILLIAMS





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Time Warner Cable is offering customers a chance to be one of 10 lucky winners of a trip for them and a guest, to attend to the Knicks vs. Bobcats game at Time Warner Cable Arena in Charlotte – on January 24th. And 4 lucky winners will be sitting courtside!

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At Time Warner Cable, we're sports fans too – and we don't like the MSG blackout any more than you do. But remember, MSG has done this before – and they may do it again – so switching is not a solution. We're working to reach an agreement that keeps the price of TV reasonable – and we thank our customers for their patience and continued loyalty.

And if you're a basketball fan, enter the Road Trip Sweepstakes today – for a chance to win a trip to our house on January 24th to watch the Knicks play Charlotte at Time Warner Cable Arena.

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Knicks losers again

◆ Defense shuts down Howard, offense looks totally passive in loss to Magic ◆ Team has lost three straight ◆ D'Antoni: 'Not aggressive enough'

The Knicks dropped their thirdstraight game, 102-93 to the Magic, in their annual Martin Luther King Day matinee. But don't blame their defense.

ther King Day matinee. But held to just eight points on 3-ofn't blame their defense. 6 shooting before fouling out late in the game largely due to

the perimeter, shooting an astounding 17-of-35 from behind

Tyson Chandler.

Too bad the

Too bad the offense didn't comply.

"Dwight didn't play one of his particularly great games and we did a great job at handling him," said Amar'e Stoudemire. "But they still knocked down the open outside shots and did a great job of moving the ball."

Ultimately, there weren't enough Chandlers on the floor defensively and not enough tenacious shooters offensively.

"Give them credit, they had some tough looks and they made them, [but] we missed a lot of coverages. There were too many times when we switched late or didn't cover each other. There are steps we need to take," said coach Mike D'Antoni, adding his main issue was Carmelo Anthony was as alone offensively as Chandler was defensively. "It's not like [Anthonyl is looking around thinking, 'I need to pass it.' We just don't have guys out there who are aggressive enough.'





30

Former Nets forward Ryan Anderson had a career-high 30 points for the Magic. 3.3

Anderson leads the NBA in 3-pointers made per game. He added seven in yesterday's game.

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the arc, Dwight Howard was

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old, have been diagnosed with Major Depressive Disorder (MDD), and are taking an antidept sant, you may be eligible to participate. TO LEARN MORE CONTACT US:

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Participation involves a thorough psychiatric and medical screening. You will



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For more information, please call The Mount Sinai Mood and Anxiety Disorders Program at (212) 241-7910 www.mssm.edu/psychiatry/map.

Pl: Adriana Feder, GCO 06-0945, MSSM IRB Approved until 1/29/12





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To the American people,e-specially New York, Holy Spirit is telling me that God is going to do somethin God is going to do something shocking. In my vision I see that this shocking thing will happen here in New York. Starting now 1-4-2011 until the end of the year. My suggestion is to everyone who knows Jesus call to him (intense days are 1-4-2011 through 1-14-2011. http://iesus remnantendtimeprophecy2010.0yolosite.com

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NOTICE IS HEREBY GIVEN that a license, serial # 1260349, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 395 Wythe Ave. Brooklyn, NY 11211. Kings County. For on premise sumption. Stina Easton Inc.

that a license, serial # 1259688, for Liquor, Wine & Beer has been for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 37-41 Washington Ave. Brooklyn, NY 11205. Kings County, For on premise

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NOTICE OF FORMATION of RLFNY Consulting LLC. Art. Of Org. filed with Secv Of State of NY (SSNY) or December 7, 2011. Office location: New York County SSNY designated as agent of LLC upon whom process against it may be served SSNY shall mail process to: Neil D. Ash. 122 East 42nd Street, Suite 1507, New York NY 10168 Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail in a restaurant under the Alcoholic Beverage Control I aw at 572 8th Ave Nev York, NY 10018 for on-premise consumption. 572 Eighth Ave Market Corp. d/b/a Ez Café.

NOTICE IS HEREBY GIVEN that a license, serial # 1259349 for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail in a restaurant under the Alcoholic Beverage Control Law at 161-23 Crocheror Ave., Flushing, NY 11358 for on-premise consumption. Enterprise Corp.

NOTICE IS HEREBY GIVEN that a license, serial # 1260366. for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 259 1st Ave. NY, NY 10003. New York County, for on-premise consumption. Grandma Boonchu

that a license, serial # 1258761. for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 384 Broome St. NY, NY 10013. New York County, for on-premise consumption. Sals Family Pizza

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Notices

STATE OF CONNECTICUT SUPERIOR COURT

JUDICIAL DISTRICT OF STAMFORD/NORWALK

PLAINTIFF'S NAME: ROLLINO, CHARMAINE A

DEFENDANT'S NAME: ROLLINO, GERARD

NOTICE TO: **ROLLINO, GERARD** RETURN DATE: 2/28/2012

The Court has reviewed the Motion for Order of Notice and the Complaint/Motion which ask for Divorce (dissolution of marriage) The Court finds that the current

address of the party to be notified is unknown and that all reasonable efforts to find him/ her have failed. The Court also finds that the last address of the party to be

notified was: 118-47 Springfield Blvd. Cambria Heights, NY THE COURT ORDERS that

the notice be given to the party to be notified by placing a legal notice in Metro New York a newspaper circulating in Cambria Heights, NY contain a true and attested copy of this Order of Notice, and, if accompanying a Complaint for divorce (dissolution of mar-riage), complaint for dissolution of civil union, legal separation or annulment, or if accompany ing an Application for custody or visitation, a statement that Automatic Court Orders have been issued in the case as required by Section 25-5 of the Connecticut Practice Book and are a part of the Complaint/Ap-plication on file with the Court. The notice shall appear once a week for two successive weeks commencing on or before 2/9/2012 and proof of service

> H.Velasis, Clerk Date Signed: 1/5/2012

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shall be filed with the Court.

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Guaranteed better than all others they used say dozens of delighted users with full names and towns on the Bell website. Works by cleansing blood inside rather than attacking skin from the outside and leaving the actual cause untreated. Here are a few examples:

By Dr. C. Hammoud Ph.D.

■ I had terrible Acne for 3 years and tried products with Benzoyl Peroxide, Aloe Vera and others. After 4 days taking the Bell natural product #60 it started to clear up my skin. My skin changed from terrible to beautiful. Mylene Theriault, 19, Sorel-Tracy, QC ■ In 2 days my son's face completely cleared up of acne. My son is 15 and suffered for 3 years. We used many products like laser, Neem that did not work or burned his skin. Veronica Marden, Seminole, TX ■ Unbelievable acne free beautiful skin Last couple of years I had acne and tried every product and antibiotics. Results with #60 were unbelievable. Thanks for giving me beautiful skin and my self-esteem. Nelisa Royer, 28, Doral, FL Within 6 days eczema cleared up completely. I believe #60 addresses the cause internally instead of the symptoms. Latifa Boutshik, 43, North York, ON I had **severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell #60, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. Jessica Shantz. 25. Dawson Creek. BC **All statements** made on the Bell website are sent by delighted users. All are real people. Most have listed phone numbers and can be called for advice. No money is paid to them. Their reward is the relief they are getting. All say #60 works within days not months, not years. It's more effective than what they used before. It is less expensive (some acne suppliers ship monthly and charge monthly, which may amount to large sums yearly). No side effects were reported on #60. TRUE EVIDENCE that we are helping people.

High Blood Pressure?

High blood pressure is called the silent killer. If your BP is higher than normal, try to get it down to about 120/80. For many people it is easy to control. If it does not work for you we refund your money. On our website you will find over 50 testimonials with full names and towns from all over USA and Canada. Most of them have listed phone numbers and are happy to talk about the relief they had. No money was paid for testimonials.

Dr. C. Hammoud M.H., Ph.D. recommends this effective fish peptide blood pressure natural product. So does Dr. Julian Whitaker M.D. ■ I was on 3 blood pressure drugs that did not work well. After starting Bell #26 my readings are generally well below 120/80. Dona A. Anderson, 76, Sooke, BC ■ My blood pressure was 157/90 and I had side effects from prescription drugs. I bought a monitor. After 6 months on Bell #26 I was down to 120/80. Toni L. McCuistion, 52, Elizabethtown, PA ■ At work my driver's medical test was too high at 170/100. After taking Bell #26 for a few days I went down to 128/84 which allowed me to pass my work medical. Kris Geier, 48, Windsor, ON.Bell is helping people everywhere.





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Sleep apnea capsules worked first night! For last 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. Karen Braun, 67, Glace Bay, NS ■ For 20 years I was waking up frequently dasping for air. During the day I would start napping every time I would sit down, because I was tired. Since taking Bell #23 sleeping 6 hours is heaven. It made a substantial change in my life. Mary C. Myrick, 62, Jackson, MS ■ It is such a joy not having to use the CPAP machine. I have had sleep apnea for 10 years. I was skeptical about Bell Snoring & Sleep Apnea Eze #23. After using it for 3 weeks my wife says there is no more snoring or

gasping for breath or stoppage of breathing. It is such a joy to be able to roll to left or right with no hose or mask to deal with and can get up with no restrictions. Thank you Bell for a great relief. I suggest anyone with these problems to try it. You will be overjoyed with the results. *Wayne Burse, 63, Beamsville, ON Bell is helping people everywhere.*

Cholesterol Control

■ Cholesterol and triglycerides under control! For the last 5-6 years I have been told

that my cholesterol and triglycerides were out of line. After taking Bell Cholesterol Control #14 my doctor said he was amazed about the change. This is a good product. Jerome *Nettles, 51, Monroeville, AL* ■ **All statin drugs gave me pain!** My doctor tried them all on me. So he said to try a natural product. After taking Bell Cholesterol Control #14 I have no more pain. I'm so happy about this. Deanna O'Neil, 63, Tecumseh, ON. I had great success with all Bell health products! In the last 2 years I had relief with Bell Prostate Ezee Flow Tea. HDL Cholesterol Management, Blood Pressure Combo and Stem Cell Activator. I love your products. They all work for me. Great results. That's all that matters. Basil Richards, 49, S.W. Ranches, FL ■20 years of high cholesterol **alleviated!** I had high cholesterol for 20 years and drugs didn't agree with me. After taking Bell Cholesterol Control #14 for 6 months I had a check-up and was surprised about the big improvement. I was delighted and extremely happy and so was my doctor. Norma Hrysio, 65, Lac Du Bonnet, MB. We supply TRUE EVIDENCE.



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